

The Carbon Chronicle

VOLUME 33: No. 38

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Arnold Martin left Tuesday for Calcutta, India where he will be a seismic service operator. A farewell party was held at the home of his parents, Mr. and Mrs. Ed Martin of Carstairs. Among those present were Mr. and Mrs. Gus Martin and son of Bezeker, Mr. and Mrs. Arnold Ohlhauser and family of Carbon, Walter Martin of Carbon and Don Martin of Rosetown, Sask.

Mrs. Maxwell was a Calgary visitor for a few days last week with old friends.

Fire broke out Tuesday morning at the Ralph Pallesen garage. The blaze was quickly brought under control although it had quite a good hold between the boards. An overheated stove is thought to be the cause of the outbreak.

The newly formed group of the C.G.I.T. under the capable leadership of Mrs. Mary Prowse held their Hallowe'en Party in the United Church Wednesday, Oct. 27. Everyone dressed for the occasion. The evening was spent in varied entertainment and a beautiful lunch was served the members.

BORN—To Mr. and Mrs. W. McGregor (nee Eadine Trumbley) a son, Oct. 23 in Calgary hospital, 6 lbs. 4 ozs.

The I.O.D.E. Annual Armistice Ball will be held in the Carbon Scout Hall on Nov. 10.

TRUCK FOR SALE—1951 G.M.C. One Ton in A1 condition with wood box, signal lights. This is a good buy for you. \$900.

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THE CARBON CHRONICLE

Mrs. Harry Hunt, Editor
George Wheeler, Publisher

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ADVERTISING RATES
DISPLAY RATES—Flat rate of
Legal Ads.....12c and 8c
Card of Thanks.....50c

The new Carbon school built by Williams Bros. Contractors, formerly of Carbon and now of Calgary, was officially opened on Wed., Oct. 27th. From 7 to 8 p.m. the guests, visitors, etc. were escorted by the students through the class rooms and other depts. with a description of the different rooms and their purposes. They were then escorted to the magnificient new auditorium where the program was held with the trustee from this subdivision Mr. Sid Cannings as Chairman. He gave an outline of the Carbon school from 1904 to 1954. Many old timers still in the district and many of their families still have their names on the school register. The Chairman congratulated the contractor on behalf of the school board for his grand work and completion of such a fine building. Mr. Dean, the school superintendent and Mr. Bruce of the Dept. of Education, Edmonton were the speakers for the evening.

The program included solos by Bobby Ohlhauser and a trumpet solo by W. Bauer.

Presentations were made as follows: To the Principal, J. Appleyard, a picture by Mr. Bruce on behalf of the Dept. of Education. Two pictures, Queen Elizabeth and the Duke of Edinburgh by Mrs. Holmes, Mrs. D. Bramley and Mrs. M. Fox on behalf of the Duke of York Chapter I.O.D.E.

Union Jack flag by Mr. Dresser, Pres. on behalf of the Home and School. A beautiful plaque by W.

Bauer, Vice-Pres. on behalf of the C.S.U. The Principal, Mr. Jack Appleyard offered many thanks for these fine gifts to be placed in the school.

A silver tea was then served by the ladies of the Home and School. The evening closed with O Canada.

ANGLICAN NOTES

Christ Church, Carbon

Sunday, November 7th at 11 a.m. Morning Prayer.

Sunday, November 14th at 7:30 p.m. Evening Prayer (followed by Vestry Meeting).

Church School Saturdays at 3 p.m.

CHRIST CHURCH W.A.

Next meeting on Wednesday, November 3rd at 3 p.m. in home of Mrs. A. Church. Please make a note of SATURDAY, NOVEMBER 13th, the day of the W.A. BAZAAR.

ANNUAL VISITATION

The general exchange of pulpits held in this connection brought to us Rev. E. A. Justice of Calgary whose visit was much enjoyed.

The Vicar had an uneventful and pleasant journey to the Pincher Creek area. One of the churches visited was at Waterton Lake. This is closed except for winter staffs and Park officials. but since nearly all the winter population attends services irrespective of denomination the congregation and wonderful weather created an atmosphere of holiday activity, a delightful break at this time of year.

The Men's meeting on October

D.A.'S CORNER
BY S. W.
PETTEM, D.A.
DRUMHELLER



SEED & FEED QUESTIONNAIRE

Many parts of the Province are facing a serious shortage of both seed and feed. Good seed oats and barley are going to be needed for 1955 planting.

The Municipalities are distributing a questionnaire at the present time which they would like completed and returned prior to November 15th. Will you complete this form so that the Department will have an idea where good seed stocks can be obtained

26th was well attended and we owe thanks to the ladies for looking after us so well. The visitors, Rev. E. H. Lewis and Mr. R. Winters, led a lively discussion on Church financial affairs and fellowship points. The visitation to all Anglican Church Members will take place shortly, as in former years.

NEW MARKET DISCOUNTS ON HOGS

Grade A—Basic Price.
Grade B.1—Discounted at \$1.00 per C.W.T.
Grade B.2—Discounted at \$1.25 per C.W.T.
Grade B.3—Discounted at \$1.60 per C.W.T.
Grade C—Discounted at \$3.00.
Lights—Discounted at \$3.50.
Heavies—Discounted at \$3.25.
Extra Heavies—Discounted at \$4.75.

Riddlings—Discounted at \$7.00. The loss in value is just over 20% on a C grade hog sold at dressed weight of 150 lbs.

GRAIN CLUB ACHIEVEMENT DAYS

Due to the lateness of the harvest it has been found necessary to postpone the Grain Club Achievement Days. The new dates will probably be late in November. Watch this column for new dates.

ARE YOU THINKING OF HAVING A SALE?

Here is why I believe it would be to your advantage to have me sell for you.

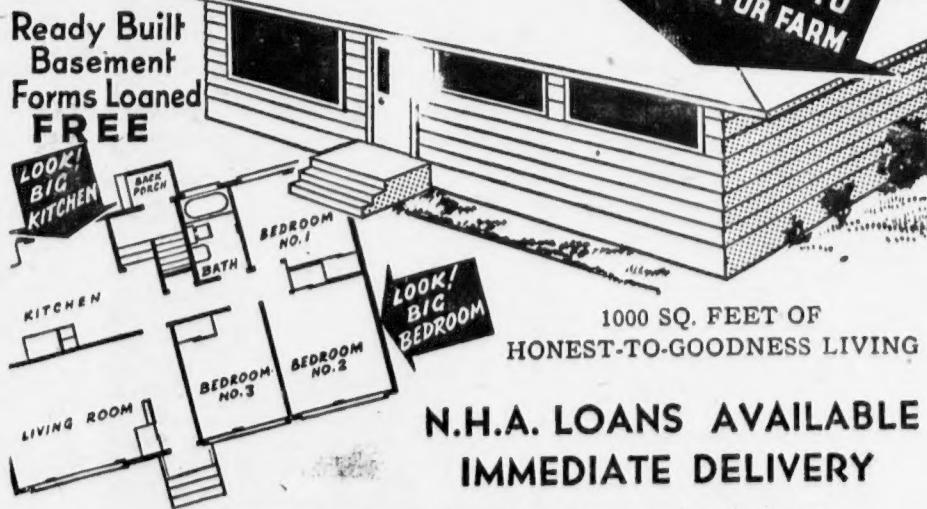
- (1) A graduate from the largest School of Auctioneers in the World, having taken a course of study in General Sales, Live Stock Judging and Pedigree Reading and advertising.
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- (3) No Sale too big or too small. All receive the same courteous attention.

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- We do not supply concrete, plumbing, heating system, electrical wiring and fixtures, paint, chimney, lino or tile.

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Freedom of press depends on active public interest

VANCOUVER.—Freedom of the press depends on the active interest of the public whose wider liberty it serves, R. J. Rankin, president of The Canadian Press, told a group of Vancouver business men.

To carry out their responsibility of placing the full truth before the public, the newspapers must be read and the truth must be available to them, said Mr. Rankin, managing editor of the Halifax Chronicle-Herald.

Addressing the advertising and sales bureau of the Vancouver board of trade, he suggested that one field in which there might be less reticence was that of business and management. There had been substantial improvement in this in recent years, and business was healthier "because the sunlight of public information has been let in."

"Management has a sound story to tell—a story of aggressiveness and initiative, of enterprise, and at the same time, because of new

Manitoba farmer can appeal on mineral rights

WINNIPEG.—A Virden farmer who lost his claim to the mineral rights on his property in a Manitoba court of appeal ruling this summer, was granted the right to carry his appeal to the Supreme Court of Canada.

The same Manitoba court of appeal which ruled against him earlier in the year unanimously agreed that Edward Gordon Wardle be allowed to take his case to the Supreme Court.

Mr. Wardle is being supported in his legal battle with the Province of Manitoba and the Manitoba Farm Loans Association by other farmers in the Virden oil district. The action is being considered a test case.

The earlier decision of the Manitoba Court of Appeal which granted the mineral rights on Wardle's property to the province reversed the decision of Chief Justice E. K. Williams in court of Queen's bench the year previous. The original judgment was appealed by the Farms Loans Association.

Worry of FALSE TEETH Slipping or Irritating?

Don't be embarrassed by loose false teeth slipping, dropping or wobbling when you eat, talk or laugh. Just apply a little FASSTEETH on your plates. This pleasant powder gives a remarkable sense of added comfort and security by holding plates more firmly. No gummy, gooey, pasty taste or feeling. It's alkaline (non-acid). Get FASSTEETH at any drug counter.

If You're TIRED ALL THE TIME

Everybody gets a bit run-down now and then, tired-out, heavy-headed, and maybe bothered by backaches. Perhaps nothing seriously wrong, just a temporary toxic condition caused by excess acids and wastes. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys, and so help restore their normal action of removing excess acids and wastes. Then you feel better, sleep better, work better. Get Dodd's Kidney Pills now. Look for the blue box with the red band at all druggists. You can depend on Dodd's. 52



Fashions

For half-sizers!



4629 14½—24½

by Anne Adams

Especially for the short, fuller figure — this slimming step-in accented by a new and dramatic collar detail. Picture thin in crepe, faille, or cotton — you'll gather compliments galore wherever you go! Proportioned to fit — you can't have a single alteration worry!

Pattern 4629: Half sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 39-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

**Department P.P.L.,
Anne Adams, Pattern Dept.,
60 Front Street W., Toronto.**

WELCOME CLOTHING

WINNIPEG.—Clothing sent to northern mission fields is most acceptable to Indian women who have adopted the attire of civilization, says Rev. Kenneth Gaetz, missionary at Hay River in the Northwest Territories. He told the women's missionary council of the Pentecostal Assemblies of Canada here: "Nothing is wasted in the mission fields."

The shortest meeting of the United States senate lasted just 14 seconds.

Nearly all fire deaths in 1953 were in homes

REGINA.—Last year in Saskatchewan, nearly all fire deaths and 66 percent of all fires occurred in homes. There were 1,157 fires in homes, with an average loss of \$485 per family. R. A. W. Switzer, provincial fire commissioner, suggests the following precautions to help cut down this needless waste of life and property:

Do not smoke in bed, around closets, work benches or flammable liquids. Let expert electricians do repairs and re-wiring jobs. Have chimneys cleaned and checked and heating appliances properly checked and installed before winter. Never leave young children alone at home. Teach fire safety to your children.

The typical household sewing machine contains about 185 parts.

Dropped 700 feet before 'chute opened

CALGARY.—Spr. W. S. Hughes, 19, of Charlottetown made a 16th parachute jump he won't easily forget.

His parachute failed to open and he fell 700 feet before the eyes of scores of southwest Calgary residents before he was able to get his emergency 'chute open and drift safely to ground.

Later he just smiled and shrugged it off. "It wasn't a close call," he told reporters. "It was no closer than any of the others."

The incident occurred during a practice run for a parachute drop the engineer's plan to make Oct. 28 at Chilliwack, B.C., where they will attend an army engineering school.

UNIQUE WATER SUPPLY

Boulder, Colo., is the only city in the United States that gets its municipal water supply from a city-owned glacier.

Crusty, Crunchy DINNER ROLLS

• They're really ritz — and no trouble at all to make, with new Fleischmann's Active Dry Yeast! Gives you fast action — light doughs — and none of the bother of old time perishable yeast! Get a dozen packages — keeps full strength without refrigeration!

CRUSTY DINNER ROLLS

• Measure into a large bowl 1½ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.

Add ¾ c. lukewarm water and 1 tsp salt. Add, all at once, 3½ c. once-sifted bread flour and work in with the hands; work in 3 lbs. soft shortening. Knead on lightly-floured board until smooth and elastic. Place in greased bowl. Cover with a damp cloth and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough in bowl, fold over, cover and again let rise until doubled in bulk. Turn out on lightly-floured board and divide into 2 equal portions; shape each piece into long roll about 1½" in diameter. Cover with a damp cloth and let rest 15 mins. Using a floured sharp knife, cut dough into 2" lengths and place, well apart, on ungreased cookie sheets. Sprinkle rolls with cornmeal and let rise, uncovered, for ½ hour. Brush with cold water and let rise another ½ hour. Meanwhile, stand a broad shallow pan of hot water in the oven and preheat oven to hot, 425°. Remove pan of water from oven and bake the rolls in steam-filled oven for ½ hour, brushing them with cold water and sprinkling lightly with cornmeal after the first 15 mins., and again brushing them with cold water 2 minutes before removing baked buns from the oven. Yield — 18 rolls.

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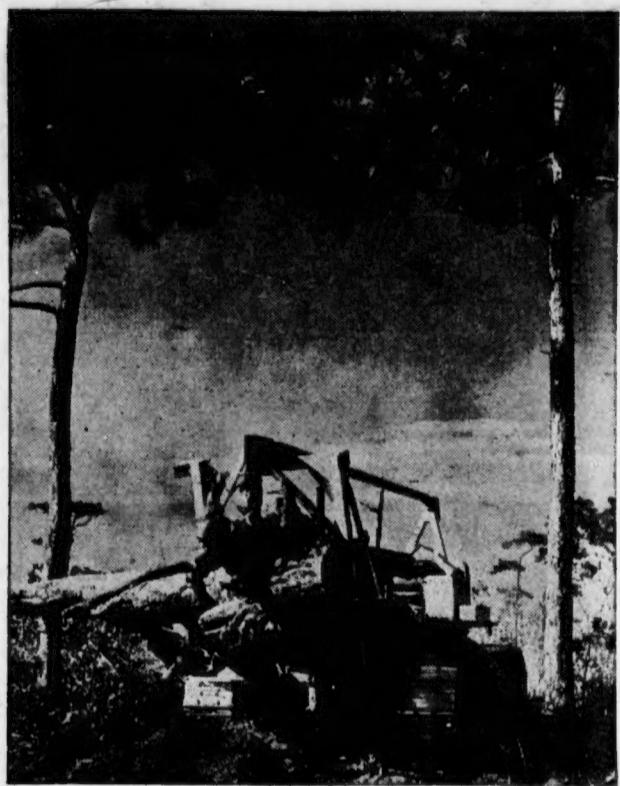
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—By Les Carroll



Deep south finds bonanza in oil--but from pine stumps



—Central Press Canadian.
Bulldozer removes Mississippi pine stump left in ground for 20 years after tree was cut down. Stump must be left for such a long period before the valuable pine oil forms.

(CPC Correspondent)

JACKSON, Miss. — What crude oil has done for Alberta, pine oil is expected to do for the Deep South of the U.S.

Whereas Texas millionaires have to "strike oil," southern tycoons find it waiting for them in an old pine stump. In states where not long ago cotton was king, pine oil is rapidly becoming the No. 1 industry.

The reason for this phenomenon is that pine oil, a clear, fragrant liquid which at one time had none but industrial uses such as flotation of copper in mining, today has moved into the home, for cleaning, disinfecting and deodorizing.

Pine oil's uses are so numerous that hardly any home can do without it. Laundries, textile processors and rug-cleaning establishments also use it.

It goes into paints, varnishes, inks, adhesives, insecticides, mosquito repellents, cattle sprays and even into ointments for treating sprains and insect bites. It is also said to kill many of the organisms that transmit contagious diseases. Derivatives are used as perfume and cosmetic bases.

All these qualities, plus its pleasant odor, make pine oil disinfectants useful for schools, hotels, hospitals, theatres and the like—as well as for stables, chicken coops—or for washing pets.

Before the turn of the century, pine oil was virtually unknown. In 1909 Homer T. Yaryan built at Gulfport, Miss., the first commercially successful plant to recover pine oil from stumps. That plant founded a new industry, utilizing vast acreages of stumps left behind by loggers in the South.

In the year ending last March 31, the industry produced 8,592,500 gallons of pine oil in Mississippi.

- Strictly fresh :-

A magician in Sandwich, Ill., tried a trick wherein he used seven sticks of dynamite to blow off the lid of the coffin in which he lay. Fellow escaped with bruises, but almost was minced "ham." In honor of his town, maybe?

Local group of singers in Vancouver, B.C., advertised that their first practice would be held at the "Hard of Hearing Club Hall."

I DON'T HEAR NUTHIN'!!



Some one should have thought of this happy solution to a painful situation many years ago.

Bad accident in Memphis, Tenn., recently, at the corners of Lookout and Signal streets. Apparently motorists involved did neither.

of the German bombings at that time and found sanitation in her cities an enormous job. The use of pine oil as a disinfectant proved a valuable ally in this fight against disease.

With pine oil products in one out of every three homes in North America today, it looks as if the U.S. southland, for generations a centre of poverty, has found a steady source of income.

Policewoman got her man

DETROIT.—Dorothy Lea, ace Toronto policewoman, gave up chasing criminals for the bliss of married life.

The 26-year-old blonde became the bride of patrolman William Mechano, a member of the Detroit police force.

Miss Lea's dowry includes a letter of commendation from the Royal Canadian Mounted Police, in recognition of her outstanding work in breaking one of Toronto's largest narcotic rings.

This was Miss Lea's last and most famous case. To get evidence on the members of the gang, Miss Lea played the part of a dope addict, living in Toronto's underworld for four months.

She became accepted as an addict by the gang, and purchased dope from its agents.

"I had to be an actress as well as a policewoman," she said. "I had to simulate the pallor that marks an addict. Then, I had to rub tobacco into my eyes to make them water, like a real addict's do."

ARCHITECTS' PRIZE

VANCOUVER.—Architects across Canada will be invited to enter a contest to provide plans for Vancouver's new civic auditorium, to cost \$3,400,000. First prize is \$5,000 plus a contract to complete working drawings.

Eat Right - Live Right - Feel Right



TAFFY, a spaniel pup with a nose for loot, peers over the top of a large leather travelling case after he uncovered this case and one other in a field near Dorval. The cases were packed with some \$700 worth of stolen goods and Taffy refused to move when he discovered them until his master, W. P. Gould, walked into the field, picked up the cases and turned them over to the police. The cases were given to Mr. Gould as a reward for Taffy's efforts.

:: GEMS OF THOUGHT ::

THE RIGHT THINKER

It is the hardest thing in the world to be a good thinker without being a good self-examiner.

—Shaftesbury.

The right thinker and worker does his best, and does the thinking for the ages. — Mary Baker Eddy.

Thinkers are scarce as gold; but he, whose thoughts embrace all their subject, who pursue it uninterruptedly and fearless of consequence, is a diamond of enormous size.—Lavater.

The great thinker is never a disputant. He answers other men's arguments by stating the truth as he sees it.—Daniel March.

Learning without thought is labor lost; thought without learning is perilous.—Confucius.



IMbibing BEAR.—A Teddy bear with an alcoholic flair fascinates eight-year-old June Usher at the Autumn Antiques Fair in London, England. Made in 1840, the bear has been pouring a glass stream of "beverage" for over a hundred years.

Quartet off around world in a ketch

PLATTSBURGH, N.Y. — Four bearded Canadians, who say they will sail their 40-foot homemade ketch around the world, set out into Lake Champlain on the second day of their three-year trip.

Nicholas Sergeant, 49, captain of the sailboat, said he and his mates have vowed not to shave until reaching home—about September, 1957.

The quartet docked their craft at Plattsburgh after sailing 60 miles down the Richelieu river from Montreal. They have charted a course down the Hudson river, along the coast to Florida, through the Panama canal and into the Pacific.

Sergeant, who described himself as a sculptor, said he began building the craft in 1940 but was interrupted by war service. The major work, he said, was accomplished over the last three years.

Other members of the crew are Hugh Millais, 24, the sailing master; James Ritchie, 24, navigator; and Jacques Tetreault, 29, mate and cook. Millais said he was a writer, Ritchie said he worked in ceramics and Tetreault described himself as a former medical student.

New lab for fight against plant diseases

Fuller recognition of the work which Western Canadian scientists are doing in the battle against plant and insect diseases, is to be given in the form of a new and well equipped Science Laboratory building to be located at Winnipeg.

It will be particularly encouraging to the still small, but faithful, band of plant breeders and pathologists, who are devoting their full time and energy to an all important work of developing rust resistant strains of wheat.

For the past 25 years the original laboratory and greenhouse located at the University of Manitoba, adequate as it may have been in the first place, has with difficulty continued to house the workers and equipment that are so essential if the fullest possible measure of research work is to be undertaken, and if the race against rust and other infestations is to be won.

In view of the tremendous importance which all this work assumes at a time when rust has been posed a new threat to western farmers, it is reassuring that full provision is to be made for carrying on and expanding the work.

First, and last road accident

OTTAWA.—John Fyke, 35-year-old Ottawa trucker, told fellow drivers over coffee Monday night that he'd never had an accident in 1,500,000 miles of driving. Then he set out for Toronto in his big paper-laden tractor-trailer.

Four hours later he was killed when his truck left highway 15 south of Smith Falls, crashed through the brush and woods, thundered down an embankment into swamp land and burst into flames.

311

Your Family Will Cluck With Pleasure Over Chicken Chili

BY DOROTHY MADDOX

WE'VE found a new and really delicious version of chili con carne. This one is made with chicken instead of beef. Left-over chicken can be used. As chicken is in abundant supply now, this is a budget recipe.

Chicken Chili Con Carne

(Yield: 6 servings)

Two tablespoons margarine or butter, $\frac{1}{2}$ cup chopped onion, $\frac{1}{2}$ cup chopped green pepper, 2 cups chicken broth, 6-ounce can tomato paste, 3 teaspoons salt, 1 teaspoon sugar, 4 teaspoons chili powder, $\frac{1}{4}$ teaspoon ground black pepper, $\frac{1}{4}$ teaspoon garlic powder, 1-pound can red kidney beans, 2 cups cooked, shredded chicken or leftover chicken, 4 teaspoons cooked rice.

Place margarine or butter in a saucepan with onion and green pepper, saute until limp (about 10 minutes). Add chicken broth, tomato paste and seasonings. Cover. Simmer until thickened (30 to 40 minutes). Add kidney beans and shredded chicken. Heat. Serve over cooked rice. For a party of 12, double this recipe.

Pork is down in price, too. So try these chili pork chops. Really different and very tasty.

Chili Pork Chops

(Yield: 6 servings)

Six pork chops, cut 1-inch thick; 2 small onions, sliced; 1 medium green pepper, sliced; 4 potatoes, sliced; 4 carrots, sliced; 1 teaspoon salt, $\frac{1}{4}$ teaspoon ground black pepper, 1 teaspoon chili powder, 1 cup tomato juice.

Brown pork chops on both sides in own fat. Place in a Dutch oven or pressure cooker. Cover with sliced vegetables. Sprinkle

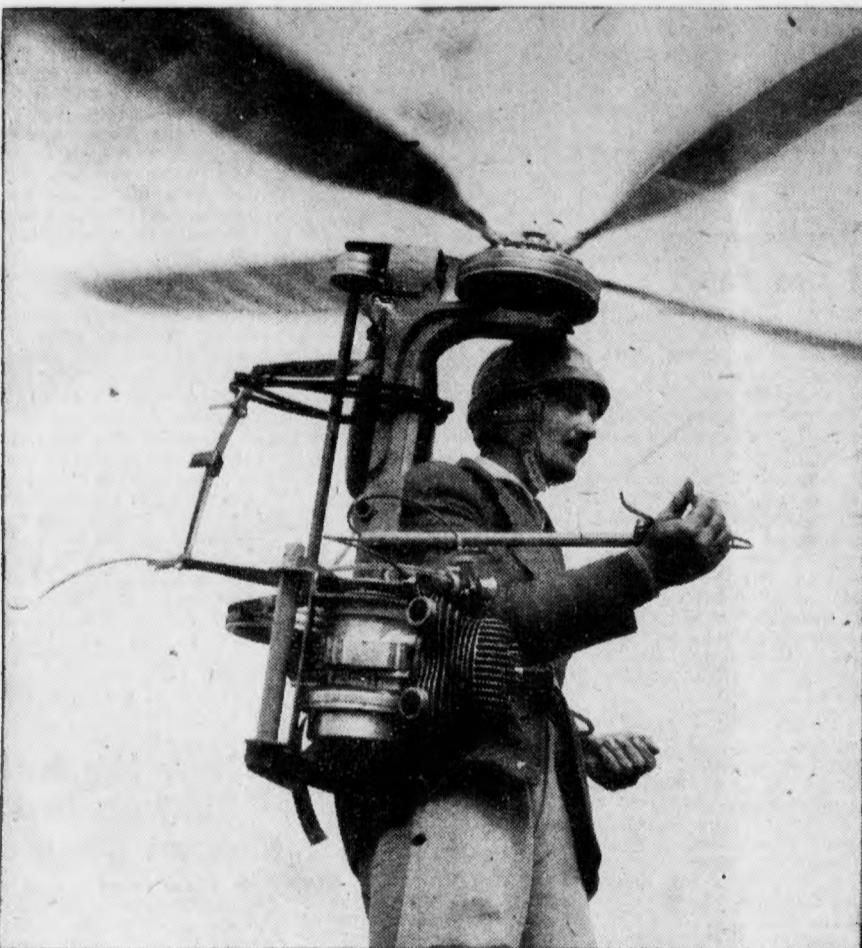


Leftover chicken flies back to the table as a real taste treat when it's used as the meat base for this delicious chili.

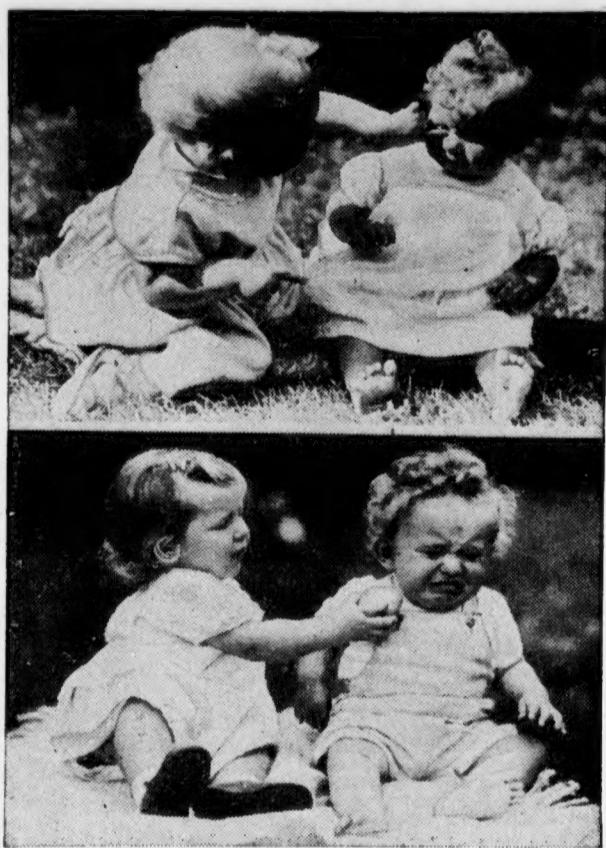
with seasonings. Add tomato juice. Cover. Bake one hour in a preheated moderate oven (350 degrees F.).

If a pressure cooker is used, cook according to the directions given in the instruction book of your cooker.

World Happenings In Pictures



HIS HEAD'S IN A SPIN—Georges Sablier demonstrates his latest invention, a portable helicopter, for which he won a special award at the International Helicopter competition in Saint Etienne, France. The craft can be worn on the shoulders, weighs about 60 pounds, has a six horse-power engine and can fly for ten hours at a top speed of 35 miles an hour. Its top height is 8,000 feet.



BETTER SHOW ON THE SIDELINES—Some of the diaper set apparently didn't care for the proceedings nor their companions at the recent baby show in London, England. In top photo, one-year-old Valerie Torrell shows her disinterest in the judging by probing the eye of barefoot Frances Anne Wing, 11 months. And 15-month-old Janice Wheeler, in typical Eve fashion, insists that her Adam, 13-month-old Nigel Kitching, taste the tempting offering, despite the "Laughton-esque" disgust exhibited by Nigel.



POLITICS IS EASIER—Kentucky Gov. Lawrence W. Wetherby turns wrestler at the Kentucky State Fair in Louisville as he grapples with "Charlie", 170-pound Florida alligator. After the match, Wetherby decided he'd rather stick to politics.



LAST DIP—Though summer is gone, French starlet Noelle Audier braves chilly weather for her final swim of the year at an outdoor pool in Paris, France. The fact she is the only person in the place does not deter her, proving she's a brave girl.



TINY DOTS of gold give a gentle glitter to the cloth used in making these cocktail shoes and matching hat. The accessories have just gone on display in a Bond street, London, shoe show.



REAL SPORT—Sandals, linen suit, white scarf and a horsehair hat are "musts" for the correctly dressed Korean tennis player. Bringing an old look to a brand-new U.S. Army 1st Corps tennis court at Uijonghu, Korea, this Korean net fan is all set for a fast game with some G.I.



COMEDOWN—The mighty Mo, returning from her last tour of duty before being put in the "mothball fleet" at Bremerton, Wash., plays the role of an auto ferry as she steams through the Golden Gate for a stopover at San Francisco. Autos belong to homecoming ship's personnel of the USS Missouri.



GOING-AWAY GIFT—Vice President Richard Nixon gets a supply of chewing gum from his daughter, six-year-old Julie, as he leaves the Capital for a pre-election speaking tour. Looking on is Mrs. Nixon.

The Sports Clinic

(An official department of Sports College)
Conducted by Lloyd "Ace" Percival

Can sports and schoolwork be combined?

One of the greatest problems facing those young athletes returning to school is the school versus sport problem. Parents, young athletes, teachers and coaches all appear to be vitally concerned with this important question: "Can enthusiastic sports activities be successfully combined with school work?"

Most educators interviewed during a Sports College study on this problem were of the opinion that sports and schoolwork could and should be combined. They believed that it was not the attempt to combine these two activities that caused trouble but rather a lack of character, organization and proper attitude on the part of the student.

In investigating the role of sports activity in academic failure some 300 cases of actual failure were analyzed. Of these, 60 (20%) could be blamed on too great a concern with sports activities. Study shows that it is not so much the actual time spent practising or playing that causes the trouble but rather the time it takes the average student to reach a practise or game and to get home again. The usual procedure is to stand around afterwards and talk things over in the club house with the other athletes.

The solution is obvious! The student-athlete must sharpen up and organize himself so that he will be able to have his cake and eat it too.

One of the factors in this problem of sufficient time for sports and schoolwork is the technique the student uses in his academic. Above all, he should avoid the common habit of coasting easily throughout the term and then cramming for exams.

The smart plan for the student active in sport is to get as much from every day's school work as possible, keeping up to his study obligations as they are handed out to him. Then he will be in a good position at exam time—the same as an athlete who has lots of "con-

dition" to use when the going gets tough.

The student-athlete has another serious problem, in some ways the most serious—that of "energy". This problem is created when the student takes part in a hard practice or game and then finds out he is too tired afterwards to study. To help your body recover from fatigue make sure you get enough sleep. Another essential aid in recovering from fatigue is maintaining a proper diet. The after-activity meal should be high in proteins (lean meat, whole grain bread, milk and cheese) and fresh fruit and vegetables should be included for the vitamin content and the alkaline ash they produce. Actual tests show that when proper technique is used school and sport can be effectively combined to the detriment of neither. Good examples of how this problem can be solved are Dr. Roger Bannister and John Landy the only two four minute milers in the world. Both are not only outstanding athletes but during their recently completed scholastic careers, were brilliant students.

Great Salt Lake, Utah, is a remnant of an ancient ice age inland sea.

WEEKLY BIBLE COMMENT

CONVERSION IS OFTEN A MATTER OF CONSCIENCE

Conversion, as the word implies, means a turning about. And no turning about was ever more complete about that in which Saint Paul turned from his persecuting zeal of threats against the disciples of the Lord, to become a Christian disciple himself.

Sudden conversion, strange as they may seem, have been by no means rare. In many instances they are not as sudden as they seem to be.

The experience of sudden conversion, though, may be very real and may offer a clear evidence of its determining cause.

Often it has come through crucial or enlightening experience, which has changed one's views and attitude. It is as if one has always lived in a valley. Then one day, climbing a mountain peak, one sees a world that was never dreamed of.

There can be peaks, too, on which the atmosphere of the soul may be completely changed.

Complete conversions, either sudden or through some long process, are not as unexplainable as they sometimes seem to be.

Underlying such conversions is usually a conscientious attitude. In these cases, conversion means a change of association and allegiance rather than a change from

a life of sin to a life of righteousness.

Paul said he lived in all good conscience all his life. Others called his Christian way heresy, but he called it still worshiping the God of his fathers.

Conversion was an emergence into what he considered a better way of life.

Federal workers over 326,000

OTTAWA.—More than 326,000 Canadians were employed in federal departments of government and in crown corporation in June, with a monthly payroll of more than \$84,000,000.

The bureau of statistics reported that federal government departmental branches and services employed 181,129 people in June, 3,210 more than in May and 11,335 more than in June last year. Their earnings totalled \$43,998,275, a slight increase from \$43,328,735 in May and considerably above the June, 1953, total of \$38,240,859.

Weekly Tip

RUG EDGES

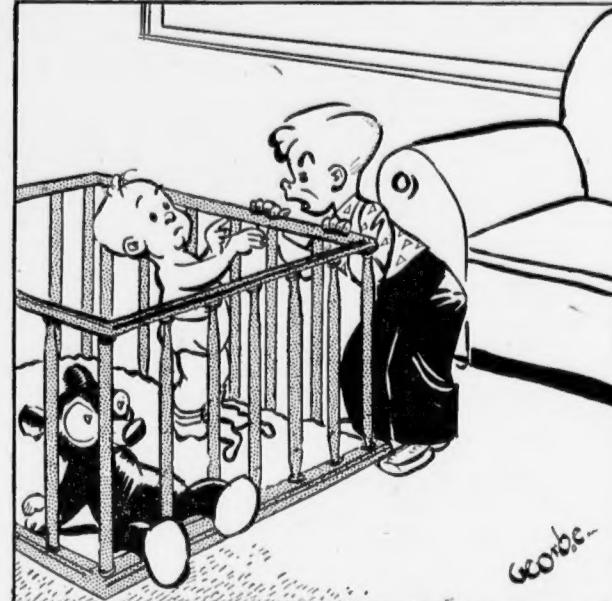
Bothered by curling rug edges? Rug dealers tell us that one way to make rug lie flat on the floor is to turn it over and apply clear water on strip a few inches wide along the edge of the rug—just enough to dampen it. Flip rug right-side up. This should make rug lie flat for about 4 months when same procedure may be followed again.

DECODED INTELLIGRAM

1—Will not. 2—Did. 3—May. 4—China. 5—Topaz. 6—London. 7—Gem. 8—Eat. 9—Vivarium. 10—Principality. 3111

Ticklers

—By George



"I feel sorry for you! Someday you'll be big like me, then you'll have to go to school and run errands!"

Weekly Crossword Puzzle ::

National Banner

HORIZONTAL VERTICAL

1	Depicted is the flag of —	1	Hesitated	1	Gege
9	This dominion is the world's largest producer of —	2	Come	2	TELEM
16	Superficial extents	3	Related	3	OLE
18	Also	4	Asterisk	4	DE
19	Note of scale	5	Weed	5	ASGRS
20	New Jersey city	6	Solar disk	6	STAM
22	Direction (ab.)	7	Tidy	7	DU
23	Always	8	Sweetheart (Scot.)	8	LE
27	Pitcher	9	Click beetle	9	FLAG OF
28	Remove	10	Succulent fruit	10	RENTION
29	Obstacles	11	Leather worker	11	SE
30	Part of "be"	12	Seniors	12	PR
31	Note of Guido's scale	13	Thus	13	STATE
32	Preposition	14	Vibrating effects	14	UVAL
33	French article	15	Hazy	15	PAKISTAN
35	Combat	16		16	AM
36	Heraldic band	17		17	ISLAM
38	Nest of boxes	18		18	AM
39	Employee	19		19	ISLAM
40	Chinese measure	20		20	AM
41	Clay cases	21		21	ISLAM
47	Trinity term (ab.)	22		22	AM
48	Indian	23		23	ISLAM
50	Clamor	24		24	AM
51	Goddess of infatuation	25		25	ISLAM
52	Duration of office	26		26	AM
54	Evergreen shrub	27		27	ISLAM
56	Rim	28		28	AM
57	Speaks haltingly	29		29	ISLAM
		30		30	AM
		31		31	ISLAM
		32		32	AM
		33		33	ISLAM
		34		34	AM
		35		35	ISLAM
		36		36	AM
		37		37	ISLAM
		38		38	AM
		39		39	ISLAM
		40		40	AM
		41		41	ISLAM
		42		42	AM
		43		43	ISLAM
		44		44	AM
		45		45	ISLAM
		46		46	AM
		47		47	ISLAM

Here's the Answer

Ten Word INTELLIGRAM

Check the correct word:

- Former President Harry S. Truman (will) (will not) campaign extensively for the Democrats this fall.
- Russia (did) (did not) recently carry out new tests of atomic weapons.
- West Germany (may) (may not) soon gain full sovereignty.
- (Glass) (china) is the 20th wedding anniversary gift.
- November birthstone is the (topaz) (zircon).
- The YWCA was founded in (New York) (London).
- Idaho is the (Lava) (Gem) state.
- You'd (eat) (wear) a periwinkle.
- You'd grow plants in a (vivarium) (planetarium).
- Monaco is a (kingdom) (principality).

Check your answers, scoring yourself 10 points for each correct choice. A score of 0-20 is poor; 30-60, average; 70-80, superior, and 90-100, very superior.

Answers to be found in another column on this page.

—By Chuck Thurston



PEGGY



PRISCILLA'S POP—As advertised



By Al Vermeer

Patterns

Baby quilt



See how fast baby goes to sleep when he has all his animal friends to keep him warm! Embroider him a quilt that's a circus, farm, zoo—all in one! So easy, thrifty!

Pattern 7209: Animal quilt! Embroidery motifs, applique patches, diagrams. 32x44 inches.

To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

Department P.P.L., Household Arts Department, 60 Front Street W., Toronto.

Be sure to write plainly your Name, Address and Pattern Number.

BRIMFUL OF IDEAS — the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

Population 16 million seen for Canada, summer 1956

OTTAWA.—Canada's population may reach 16,000,000 in the summer of 1956. Government statisticians say their forecast of mid-1956 depends on a continuation of the recent fast pace at which natural increase and immigration have been adding new people to the country.

Natural increase—the excess of births over deaths—has accounted for the biggest part of the population boom, roughly two-thirds of the post-war growth. It is also the steadiest factor.

Immigration, although it could vary sharply in the future, has accounted for the other third of the increase from 12,072,000 in June, 1946, to 15,236,000 on July 1 this year.

Influx regulated

Canada's 1,000,000th post-war immigrant arrived in the late spring. However, not all immigrants have remained in the country. Future variations in the influx of new Canadians depend on the workings of the government's stated policy of keeping immigration in line with the economy's ability to absorb new people.

Arrivals in the last two months reported by the immigration department have declined. June arrivals were three percent below a year earlier, and July arrivals 20 percent lower than in July, 1954.

In recent years population has been growing at about 2½ percent a year, a faster rate than the United States and one of the fastest.

Kitchen Meditations

By JANE DALE

IT TAKES SO MANY YEARS TO LEARN

It takes so many years to learn the real truths of the life we live. We think we know the why of things, And all the answers we should give. But as the years speed swiftly by; As cares and trials come our way the surface knowledge we held dear Dissolves before life's searching ray.

It takes so many years to learn The real pulse at the heart of things; The driving force which speeds us on Alike with commoners and kings. The love which makes each day worthwhile Makes every care a venture shared. The spur which helps us do our best Is knowing that somebody cared.

It takes so many years to learn The things that gold alone will buy; The power it has for gracious life; A force we should not oft despise. And we learn too if we but see That there are gifts not bought with gold; Rich blessings in our daily life Investing us with wealth untold.

So if throughout the years we learn True values all along the way Old age will find us with a store Of wisdom garnered day by day.

Helpful Hints

Parsley will be much easier to cut if it is washed in hot water instead of cold.

To unscrew can tops that seem stubborn in yielding, keep a few narrow strips of sandpaper on hand. Press a strip around the side of the screw top and it seldom refuses to yield.

You'll be able to make an effective flower arrangement if you keep the following facts in mind: Containers and flowers should be considered as a unit. Round flowers, such as roses, tulips, daisies, and spear-shaped flowers, such as gladioli, snapdragons and delphinium, should be combined. Place light-colored flowers at top of arrangement, dark at bottom.

ANSWERS TO QUICK QUIZ

3. Since 1952 the value of imported goods has exceeded the value of Canada's exports. 3. Newsprint, wheat is second. 1. John Cabot, in 1497. 4. More than \$1,200,000,000. 2. For nearly 19 years, since Oct., 1953.

(Material prepared by the editors of Quick Canadian Facts, the pocket annual of facts about Canada.)

Home Workshop

BENCH MAY BE USED FOR COFFEE TABLE OR SEAT BLOCK-FRONT DRAWER EASY TO MAKE



PATTERN 218

Among the first pieces of furniture that the Pilgrims made when they landed at Plymouth were pine benches that were used for seats as well as small tables. The idea is just as useful today. Whether you need a coffee table or an extra seat for television this sturdy bench will serve you well. White pine is still the most appropriate wood to use and the pattern gives actual-size tracing outlines for the curved pieces at the sides and ends. When ordering this pattern ask for number 218 and enclose 35c. This pattern is included in the Early American Reproductions Packet of patterns for making four other equally useful and authentic copies of museum pieces. The price of the packet of five patterns is \$1.50.

Cities get most

Immigration has had its largest effect on the populations of three provinces: Ontario, which has taken about half of the influx, British Columbia and Alberta.

Most of the post-war arrivals have gravitated to the cities; the census found three-quarters of them in urban centres.

The census showed that at June 1, 1951, one in every 36.3 persons had entered Canada since the start of 1946. Three provinces were above the national average. In Ontario it was one in every 21.8 persons; Alberta, one in 27.8 and British Columbia, one in 28.5.

For the other provinces: Manitoba, one in 35.7; Yukon and Northwest Territories, one in 53; Saskatchewan, one in 69.9; Quebec, one in 74.9; Nova Scotia, one in 115.6; New Brunswick, one in 122.4; Prince Edward Island, one in 136.3, and Newfoundland, one in 219.2.

The presence of new Canadians was shown even more strongly in the cities, especially in Ontario where in 1951 Toronto had one immigrant for every 12.3 persons; Hamilton, one in 15.7; Windsor, one in 17.2; Kitchener, one in 17.8; St. Catharines and Sudbury, one in 18.7, and London, one in 21.2.

The proportion in other cities: Winnipeg, one in 21; Edmonton, one in 21.7; Calgary, one in 25.2; Vancouver, one in 27, and Montreal, one in 30.9.

These proportions very likely have increased since then, statisticians say.

A BIG ROCKING HORSE FOR YOUNG BRONCO BUSTERS

PATTERN 384

Every cowboy has his favorite horse and this one is for the rugged type of outdoor boy. To do a first class job on this project the various parts should be cut on a power saw. Any neighborhood woodworker can do this while you wait.

If you do not have the necessary material on hand the nearest lumber yard can supply from the list given on the pattern. Just trace the actual size diagrams for the head and the other shaped parts. Assembling into the complete unit requires only the simplest hand tools. The last step is the finishing which is covered fully on pattern 384. The price of this pattern is 35c, plus 5c extra if you want it sent air mail.

Address order to—

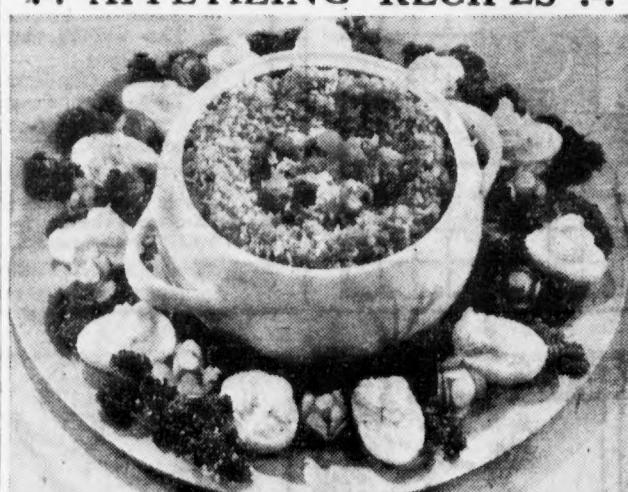
Department P.P.L.,

Home Workshop Pattern Service,

4433 West Fifth Avenue,

Vancouver, B.C.

APPETIZING RECIPES



Ground beef, rice and canned tomatoes combine to make this penny-saving Rice Casserole that's topped with oven popped rice cereal.

Rice Casserole

One cup chopped onions, 2 tbsps. fat, 1 lb. ground beef, 1 tsp. salt, ¼ tsp. pepper, 1 cup canned peas, ½ cup liquid drained from peas, 2½ cups tomatoes, ½ cup uncooked rice, 1½ tsp. melted butter, 2 cups oven-popped rice cereal.

Cook onions in heated shortening until lightly browned; add beef and seasonings and continue

cooking until beef is browned. Add peas, liquid, tomatoes and rice to meat mixture, stirring lightly. Place in greased 2-quart casserole; cover. Bake in moderate oven (375 degrees F.) about 45 minutes. Remove cover, sprinkle top with finely crushed rice cereal mixed with butter. Return to oven, uncovered, and bake 15 minutes. Yields 8 servings.

VIRGIL



First months of schooling "delicate" for all concerned

The months of September and October are delicate months for teachers, principals, as well as parents and would-be parents of first-grade children. While many new pupils fit into school routine with little difficulty, hurt feelings, confusion and even anger can arise over those who do not.

An article entitled "Is Your Child Ready for School," in the current issue of Health magazine, answers many of the ticklish questions with which parents and educators are faced at this time. The article is by Dr. F. Weinberg of the University of Toronto. Health magazine is published by the Health League of Canada, the national voluntary organization for preventive medicine.

"Each child grows at his own rate of speed mentally and socially," writes Dr. Weinberg. "Research has shown that you cannot, without injury to his nervous system, force that rate beyond its limits. A 6-year-old child may be as advanced as a 7-year-old in his use of language, yet be so clumsy with his hands in using tools or drawing that a 4-year-old could surpass his performance."

Avoid too many don'ts

"To decide whether a child is ready for school," says Dr. Weinberg, "it is important to take into account the kinds of experiences he has had before he goes off to school. The over-protected child comes to school unable to meet the everyday problems on his own. The child should get enough experience in the pre-school years at home. He should be encouraged to investigate, see for himself without too many don'ts."

Dr. Weinberg submits a list of things a child should have learned before he is ready for school:

1. He should have learned to attend to his own toilet needs without supervision; 2. To dress and undress himself without assistance with a few exceptions, such as snowshoes and shoe laces; 3. He should have acquired a fair degree of control of the larger

muscles, such as in running, jumping, climbing. He should be able to understand simple directions and carry them out; 4. He should have learned to accept necessary restrictions and rules; 5. He should speak clearly and readily with no baby talk; 6. He should be content without his parents—go places without them, stay at home when they are not there; 7. He should have discarded temper tantrums as a method of getting his own desires; 8. He should have learned to play with other children without too much conflict or quarreling."

Quick Canadian Quiz

- What explorer first claimed Canada for Britain?
 - For how many consecutive years has the same party had a majority in the House of Commons?
 - What is Canada's leading export commodity?
 - Ottawa is now spending how much per year on social security, health and welfare?
 - At present, which is greater, the value of foreign goods sold in Canada or the value of Canadian goods sold abroad?
- (Answers in another column)

AN IDEA

VANCOUVER.—The Vancouver traffic and safety council is studying federal and provincial laws to determine the legality of adding \$1 to traffic fines, to finance driver training in high schools.

On The Side • By E. V. Durling

Suppose you test your handicapping skill or a system with a capital of \$1,000 at the New York tracks. For 50 racing days you bet 10 dollars on every race. At the end of the period you still have your thousand dollars. You are even. The fact is you really won \$600 but have paid it out in mutual machine taxes. Suppose you continued betting \$10 a race for 300 racing days and still had your thousand dollars. You would have no profits to show though you actually had won \$3,000! But you paid it out because of the 15 percent tax on wagering. Yes, sir, you would have a system that really has netted you 360 percent profit but you haven't made a dime for yourself! The mills of the mutuels grind slow but they grind exceedingly small. No wonder that on race trains you see so many fellows talking to themselves—and answering back.

Where divorces are easy

Copenhagen has a higher divorce rate than any other city in Europe. Twenty-seven percent of all marriages in Copenhagen end in divorce. It is a simple matter to get a divorce in Denmark. The husband and wife desiring a divorce merely have their wishes in that respect recorded at their local city hall. Eighteen months later they are automatically divorced. The only cost for such a divorce is about \$5 for a stamp for a legal paper.

It might be called permanent

What business operating in your city or vicinity has been owned by the same family for the longest period of years? In Sweden there is a concern which has been operated and owned by members of the same family for 774 years! Yes, sir, it was established A.D. 1180. It is a copper mine with the grim name of Seora Kopparbergs Bergslag Aktiebolag.

Can park sideways

An automobile that can be operated sideways. That's what British mechanical genius Harry Ferguson is reported about to produce. Such a car could be parked quickly and easily. Be a great thing for women drivers. Reason women park so poorly is not because they lack driving skill. It is because their clothes are too tight. They can't look around as much as is necessary for proper parking. The new Ferguson car, in addition to the "sideways" operation angle, will have an air-cooled engine in the rear. It is expected to sell in Britain for the equivalent of \$800.

Umbrellas becoming square

Who invented the umbrella? Jonas Hanway, English merchant of the 18th century, is frequently credited with the achievement. That's wrong. Umbrellas were used in Egypt over 4,000 years ago. However, Hanway, who is buried in Westminster Abbey, did popularize the umbrella as a protection from rain. That was about 200 years ago. Incidentally, why should umbrellas be round? Isn't a square umbrella a better protection against rain? A German manufacturer has originated a square umbrella that is very popular in Europe.

Astrologers score, too

An astrologer told Don Cockell, British heavyweight boxer, that he would never lose another bout. Since that prediction was made, Don has not lost a fight. He is anxious to battle Rocky Marciano for the heavyweight title. In such a bout Cockell would be about 15 to 1 shot. Even so, many believers in astrology would wager on his Don has not lost a fight. He is anxious to battle Rocky Marciano ability as a boxer. Don admits Rocky is dynamite as a puncher but as to the boxing angle, he says: "Marciano is the worst heavyweight boxer I have ever seen."

By Len Kleis

HELLO HOMEMAKERS!

By MRS. LORRAINE REA
District Home Economist

PREVENT ACCIDENTS
CAUSED BY FALLS

1. There were 29,000 deaths from home accidents in 1952, all ages. Nearly half these persons—14,400—died because they fell. Five out of six who so died were 65 years old or older. According to special studies about one-fourth of the home falls occur in bedrooms.

2. But other areas of the house are dangerous also...inside stairs, kitchen, living room, outside stairs, and dining room, in that order. And there are three falls in the home on the same level to every two from another level, which means that three-fifths of a floor in stocking or lightly

the death dealing falls are at the floor level.

Why do such accidents occur?

3. Falls happen for many reasons. The condition of the floor might be responsible—whether it is old, new, sloped, has cracks or splinter, missing, loose or broken tiles.
4. There might be foreign materials on the floor—spilled liquids, children's toys, from out-of-doors ...any material dropped, collected or scattered there which should have been cleaned up; picked up, but which was allowed to lie and cause an accident.
5. The floor itself might be too slippery because it is improperly maintained. This hazard might be increased by the presence of unanchored scatter rugs, by the fact that someone walks on such a floor in stocking or lightly

slipped feet, or in shoes with step stool or ladder.

13. Keep furniture in place at night with doors fully opened or closed completely. Keep clear passage to and from bedrooms with light switches at convenient places.

14. Remember if you have an older person in your household—their safety depends on your care in keeping your home more "Fall Proof".

30



WORRIERS

There are many people who worry over their health, their finances or their business or their domestic affairs. For many, the subject that gives most trouble is that of health. Usually, there is some symptom that they translate into terms of one of the more serious diseases and they do considerable brooding about it but they do not do the logical thing and go directly to the doctor who could either confirm their fears and then help them with treatment, or, if these fears were groundless, could reassure the worried person. Worry can contribute to illness. It can help cause fatigue, indigestion, and sicknesses that only the psychiatrist can treat. It must be remembered that most diseases are curable or, at the least, their effects can be lessened if the doctor is given a chance to diagnose and treat them in the earliest stages.

from anaemia, all these foods should figure frequently on the

A Ham and Turkey Shoot will be held Nov. 10th at 1:30 p.m. in the Acme Park.



DR. F. J. GREANEY,

Director,

Line Elevators Farm Service,
Winnipeg, Manitoba.
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Federal, Alberta Pacific, Pioneer, Canadian
Consolidated, Paterson, McCabe, Parrish &
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Elevator Milling and Quaker Oats.

ON STORING DAMP GRAIN

Owing to the late, wet harvest season, the problem of storing "tough" and "damp" grain will be the cause of much concern to many farmers this winter. As announced earlier by the Board of Grain Commissioners, farmers who thresh "tough" and "damp" grain will have to store it themselves as space is not available in country and terminal elevators.

Tough Grain. With proper precautions it should not be too difficult to store "tough" grain safely on the farm, especially if the moisture content is under 16%. Here are a few important points. (1) As low moisture content is the key factor in safe grain storage, aim to store your grain as dry as possible. (2) Store "tough" grain in your smallest granary, where you can get at it for frequent examination, and for turning, if necessary. (3) Cool and clean your "tough" grain during cold weather. Remember, the drier, the cleaner, and the cooler you can get your "tough" grain the longer it will store safely.

Damp Grain. The safe storage of "damp" grain presents a more serious problem, especially if the moisture content is over 18%. If your grain is "damp", you will have to dry it on the farm before Spring. In the meantime, get the moisture content down as low as possible, keep the temperature down, and clean the grain. Cleaning is a "must" for "damp" grain. The simplest method of drying grain is to mix "damp" grain with dry grain of the same grade, of course, if this is available. If you need a drier, however, use a recommended "batch" drier, but be sure and keep the temperature of the hot air down to 135°F. to avoid grain damage. Furthermore, don't attempt to dry seed-grain, or barley for malting. Seek advice on the best grain-drying methods from your Agricultural Representative, and contact your elevator Agent for help in having samples of dried grain tested at the laboratory of the Board of Grain Commissioners.

HOW ABOUT THAT IRON?

Good healthy red blood is essential to the strong body—and to keep the blood normally rich and red, the mineral iron must be supplied in the diet. Glandular meats are an excellent source of iron—kidney, liver, heart and brains are economical in price, too. Dried beans, wholegrain cereals, spinach and dried fruits are other iron-rich items for the diet. And most seafood has a good iron content. For those who suffer



Don't worry! I'll be back with

Safety Sam Says...



Baiting Bulls
is safe and sane..

compared
to speeding
in the rain!

The trouble with rain is it gets on your windshield, so you can't see out, and also it makes the road slippery. Particularly in the wintertime, when it's apt to freeze. It's easy to go slow when it rains. All you do is lift up a little on the accelerator. You're likely to live longer that way.



Published in the interests of Public Safety . . .



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REMEMBER . . . THE LIFE YOU SAVE MAY BE YOUR OWN

This is no time for a Race!

